MEDITATIONS

BEING SELECTIONS FROM

"AT THE FEET OF THE MASTER"

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"At the Feet of the Master"

BY

A SERVER

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"This teaching was given to prepare him very rapidly for Initiation."

"Take it in this way sentence by sentence and practise it for a week, and then it will help you to come very much nearer your goal."

"Every week you should take up some point and work hard at it; practise something regularly during the week. For if you work hard at a thing for a week, you begin to do it instinctively. You will find it begins to be a habit. In this way you will make some real progress during the week."

"Strenuous unremitting effort without which you cannot enter the Path."

ANNIE BESANT

"For the need is so great; and the opportunities unique."

C. W. LEADBEATER

"Nothing can be strong enough to succeed, until it has been strengthened over and over again by failure."

ANNIE BESANT

"To say is easy; when you try to do, you find how hard it is. You will find it is a poison-dose indeed to be repeated every hour. Blessed the man who says and does. 'His feet I hold close to my heart.'"

FROM THE CHINESE

Take with unerring choice, and make and mould, and carve and cut and force thy way—To the centre of all creation—To the heart indeed of all lovers.

EDWARD CARPENTER

NOTE

THESE selections are arranged for monthly, weekly and daily practice. The last month is devoted to the subject of the Coming of the Lord Maitreya, the Christ, and the sayings therein are gleaned elsewhere.

The compiler is responsible for the italics in the quotations from *At the Feet of the Master*. The edition used is the first Adyar edition.

MONTHLY PRACTICES

JANUARY : GOD

God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.

FEBRUARY : THE MASTER

In the light of His holy Presence all desire dies, but the desire to be like Him.

MARCH : THE PATH

Say to yourself : " What man has done, man can do. I am a man, yet also God in man ; I can do this thing, and I will."

APRIL : DISCRIMINATION

Learn to distinguish the God in every one and everything, no matter how evil he or it may appear on the surface.

MAY : DESIRELESSNESS

You must give up all feeling of possession. Be cheerful—ready to part with anything and everything.

JUNE : GOOD CONDUCT

You must trust your Master.
You must trust yourself.

JULY : LOVE

Love is the will to be one with God, in order that you may act with Him, and as He does.

AUGUST : THOUGHT

You must control your thought : you must not let it wander.

SEPTEMBER : SPEECH

Watch every word.

OCTOBER : ACTION

The one thing that you must set before you is to do the Master's work.

NOVEMBER : HELPFULNESS

Help others.

DECEMBER : THE DAY OF HIS COMING

Watch : Prepare.

JANUARY

SUBJECT GOD

PRACTICE

God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.

MONTHLY PRACTICE:

GOD, WHO IS ALMIGHTY, IS IN YOU

WEEKLY PRACTICE:

YEARN TO BE ONE WITH GOD

Daily Practice

1. Yearn to be one with God . . . that you may be a channel through which His love may flow to reach your fellow-men.
2. Because God is Love, you, if you would become one with Him, must be filled with perfect unselfishness and love also.
3. Love is often translated as an intense desire . . . for union with God. It is not so much desire as *will*, resolve, determination.
4. Love is indeed the will to be one with God . . . in order that because of your deep love for Him you may act with Him and as He does.
5. He who is on the Path . . . is as a pen in the hand of God, through which His thought may flow.
6. He who is on the Path . . . is also a living plume of fire, raying out upon the world the Divine Love which fills his heart.
7. All are one, and . . . therefore only what the One wills can ever be really pleasant for any one.

MONTHLY PRACTICE:

THERE IS NOTHING THAT YOU CANNOT DO IF YOU WILL

WEEKLY PRACTICE:

FOR YOU ARE GOD

Daily Practice

8. When your body wishes something, stop and think whether *you* really wish it. For *you* are God.
9. Until [people] learn to distinguish between the real and the unreal, they have not ranged themselves on God's side.
10. *You*—the real you—you are a spark of God's own fire.
11. God, who is Almighty, is in you.
12. Because of that there is nothing that you cannot do if you will.
13. Say to yourself: "I am a man, yet also God in man; I can do this thing, and I will."
14. The man who does not know thinks that he is great, that he has done this or that great thing; the wise man knows that only God is great, that all good work is done by God alone.

MONTHLY PRACTICE:

GOD, WHO IS ALMIGHTY, IS IN YOU

WEEKLY PRACTICE:

WE CAN HELP OR HINDER EVOLUTION

Daily Practice

15. We can help or hinder evolution; we can do the will of the Logos or we can resist Him.

16. The really important thing is this knowledge—the knowledge of God's plan for men.

17. For God has a plan, and that plan is evolution. When once a man has seen that and really knows it, he cannot help working for it and making himself one with it, because it is so glorious.

18. So, because [a man] knows, he is on God's side, standing for good and resisting evil, working for evolution and not for selfishness.

19. If [a man] is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu or a Buddhist, a Christian or a Muhammadan.

20. Those who are on God's side know why they are here and what they should do, and they are trying to do it.

21. You must dig deep down into yourself to find the God within you, and listen to His voice, which is *your* voice.

MONTHLY PRACTICE:

THERE IS NOTHING THAT YOU CANNOT DO IF YOU WILL

WEEKLY PRACTICE:

LEARN HOW TO AROUSE THAT [DIVINE LIFE] IN YOUR BROTHER

Daily Practice

22. Learn how to arouse that [Divine Life] in your brother, learn how to appeal to that in him; so shall you save your brother from wrong.

23. You can help your brother through that which you have in common with Him, and that is the Divine Life.

24. Learn to distinguish the God in everyone and everything, no matter how evil he or it may appear on the surface.

25. Against these three [sins against love—gossip, cruelty, and superstition] the man who would fill his heart with the love of God must watch ceaselessly.

26. The fate of the cruel must fall also upon all who go out intentionally to kill God's creatures, and call it 'sport'.

27. For the sake of the love of God, when opportunity offers, you will speak clearly against [cruelty].

28. Many crimes have men committed in the name of the God of Love, moved by this nightmare of superstition; be very careful therefore that no slightest trace of it remains in you.

MONTHLY PRACTICE:

GOD, WHO IS ALMIGHTY, IS IN YOU

WEEKLY PRACTICE:

WILL, WISDOM AND LOVE

Daily Practice

29. Will, Wisdom and Love are the three aspects of the Logos.

30. You, who wish to enroll yourselves to serve Him, must show forth these aspects in the world.

31. God is Wisdom as well as Love; and the more wisdom you have the more you can manifest of Him.

Red Letter Days

FEBRUARY

SUBJECT THE MASTER

PRACTICE

In the light of His Holy Presence all desire dies, but the desire to be like Him.

MONTHLY PRACTICE:

IN THE LIGHT OF HIS HOLY PRESENCE

WEEKLY PRACTICE:

NEVER . . . THINK WHAT YOU CANNOT IMAGINE THE MASTER . . . AS THINKING

Daily Practice

1. You must never do or say or think what you cannot imagine the Master as doing or saying or thinking.
2. The words which He spoke to me will help you also, if you will obey them.
3. To hear the Master's words is not enough ; you must do what He says, attending to every word, taking every hint.
4. The pupil is one with his Master, and he needs only to put back his thought into the Master's thought to see at once whether it agrees.
5. Have no desire for psychic powers ; they will come when the Master knows that it is best for you to have them.
6. Before you have the happiness of meeting Him face to face, you may attain desirelessness if you will.
7. All helpful, unselfish work is the Master's work, and you must do it for His sake.

MONTHLY PRACTICE:

ALL DESIRE DIES BUT THE DESIRE TO BE LIKE HIM

WEEKLY PRACTICE:

CHEERFULNESS MUST BE THE RULE

Daily Practice

8. Often the Master needs to pour out His strength upon others through His servant; He cannot do that if the servant yields to depression.

9. By offering yourself to Him, you have asked that your karma may be hurried, and . . . you must bear it cheerfully, gladly.

10. It does not matter in the least what happens to a man from the outside; sorrows, troubles, sicknesses, losses . . . must not be allowed to affect the calmness of his mind . . .

11. Remember that you are of but little use to the Master until your evil karma is worked out, and you are free . . .

12. Your mental body . . . tries to calculate for self, to make you think of your own progress.

13. Many feel that they *are* their desires—that if their distinctive desires, their likings and dislikings, are taken away from them, there will be no self left. But these are only they who have not seen the Master.

14. In the light of His holy Presence all desire dies, but the desire to be like Him.

MONTHLY PRACTICE:

IN THE LIGHT OF HIS HOLY PRESENCE

WEEKLY PRACTICE:

YOU MUST TRY TO REALISE HIM . .

Daily Practice

15. You must try to realise Him and trust Him, because if you do not, even He cannot help you. Unless there is perfect trust, there cannot be the perfect flow of love and power.

16. You must trust your Master; you must trust yourself.

17. If you have seen the Master, you will trust Him to the uttermost, through many lives and deaths.

18. These are the words of the Master who taught me. Without Him I could have done nothing.

19. If a hint is not taken, if a word is missed, it is lost for ever; for He does not speak twice.

20. When you become a pupil of the Master, you may always try the truth of your thought by laying it beside His.

21. The Master's thought is perfect, because He knows all.

MONTHLY PRACTICE:

ALL DESIRE DIES BUT THE DESIRE TO BE LIKE HIM

WEEKLY PRACTICE:

ALL . . . WORK . . . YOU MUST DO FOR HIS SAKE

Daily Practice

22. Think how you would do a piece of work if you knew that the Master was coming at once to look at it; just in that way you must do all your work.

    All . . . work . . . you must do for His sake.

23. A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good.

24. Those who wish to follow the Master have already decided to take the right at all costs.

25. Remember that *all* selfish desire binds, however high may be its object, and until you have got rid of it you are not wholly free to devote yourself to the work of the Master.

26. The one thing that you must set before you is to do the Master's work. Whatever else may come in your way to do, that at least you must never forget. Yet nothing else *can* come in your way.

MONTHLY PRACTICE:

ALL DESIRE DIES BUT THE DESIRE TO BE LIKE HIM

WEEKLY PRACTICE:

WAITING THE WORD OF THE MASTER

Daily Practice

27. Waiting the word of the Master, . . .
    Listening to catch His orders.
28. Seeing His slightest signal . . .
29. Hearing His faintest whisper . . .

Red Letter Days

MARCH

SUBJECT THE PATH

PRACTICE

Say to yourself :

" What man has done, man can do.
I am a man, yet also God in man ;
I can do this thing, and I will."

MONTHLY PRACTICE:

WHAT MAN HAS DONE, MAN CAN DO

WEEKLY PRACTICE:

A MAN WHO WISHES TO SUCCEED MUST DO EXACTLY WHAT IS SAID

Daily Practice

1. A man who wishes to succeed must do exactly what is said.
2. Through His help I have set my feet upon the Path.
3. Four Qualifications there are for this pathway:

   Discrimination.

   Desirelessness.

   Good Conduct.

   Love.
4. The wisdom which enables you to help, the will which directs the wisdom, the love which inspires the will—these are your qualifications.
5. One statement of the Qualifications gives them thus: to know, to dare, to will, and to be silent.
6. Say to yourself: "I can do this thing, and I will."
7. If the example be followed as well as the precept, then for the reader, as for the writer, shall the Great Portal swing open, and his feet be set on the Path.

MONTHLY PRACTICE:

I AM A MAN YET ALSO GOD IN MAN

WEEKLY PRACTICE:

HE WHO WOULD WALK UPON THE PATH MUST LEARN TO THINK FOR HIMSELF . . .

DAILY PRACTICE

8. He who would walk upon the Path must learn to think for himself . . .
9. Discrimination between the real and the unreal . . . leads men to enter the Path.
10. Discrimination is to be practised, not only at the beginning of the Path, but at every step of it every day until the end.
11. You enter the Path because you have learnt that on it alone can be found those things which are worth gaining . . . things which are real and lasting.
12. However wise you may be already, on this Path you have much to learn.
13. Say to yourself: "What man has done, man can do."
14. If you wish to enter the Path, you must think of the consequences of what you do, lest you should be guilty of thoughtless cruelty.

MONTHLY PRACTICE:

I CAN DO THIS THING, AND I WILL

WEEKLY PRACTICE:

YOUR WILL MUST BE LIKE TEMPERED STEEL

Daily Practice

15. Your will must be like tempered steel, if you would tread the Path.

16. Say to yourself: "I am a man, yet also God in man."

17. One-pointedness means, too, that nothing shall ever turn you, even for a moment, from the Path upon which you have entered.

18. No temptations, no worldly pleasures, no worldly affections even, must ever draw you aside.

19. Hold back your mind from pride, for pride comes only from ignorance.

20. Using always reason and common-sense.

21. You must watch unceasingly, or you will fail.

MONTHLY PRACTICE:

SAY TO YOURSELF: "I WILL"

WEEKLY PRACTICE:

HE WHO IS ON THE PATH EXISTS NOT FOR HIMSELF...

Daily Practice

22. He who is on the Path exists not for himself, but for others.

23. He has forgotten himself, in order that he may serve others.

24. He is as a pen in the hand of God, through which His thought may flow, and find for itself an expression down here, which without a pen it could not have.

25. He is also a living plume of fire, raying out upon the world the Divine Love which fills his heart.

26. When you try to prepare yourself for the Path you cannot help making your body more sensitive, so that its nerves are easily disturbed by a sound or a shock, and feel any pressure acutely; but you must do your best . . . that they may be as little irritable as possible.

27. The calm mind means also courage, so that you may face without fear the trials and difficulties of the Path; it means also steadiness.

28. Without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain.

MONTHLY PRACTICE:

"I WILL"

WEEKLY PRACTICE:

YOU YOURSELF MUST BECOME ONE WITH THE PATH...

Daily Practice

29. You yourself must become one with the Path; it must be so much part of your nature that you follow it without needing to think of it, and cannot turn aside.

30. You, the Monad, have decided it; to break away from it would be to break away from yourself.

31. You must be always gentle.

Red Letter Days

APRIL

SUBJECT DISCRIMINATION

PRACTICE

Learn to distinguish the God in everyone and everything, no matter how evil he or it may appear on the surface.

MONTHLY PRACTICE:

LEARN TO DISTINGUISH THE GOD IN EVERYONE AND EVERYTHING

WEEKLY PRACTICE:

ALL ARE ONE

Daily Practice

1. All are one, and therefore only what the One wills can ever be really pleasant for any one.

2. Discrimination is to be practised, not only at the beginning of the Path, but at every step of it every day until the end.

3. Men who do not know work to gain wealth and power, but these are at most for one life only, and therefore unreal.

4. In all the world there are only two kinds of people—those who know, and those who do not know; and this knowledge is the thing which matters.

5. What religion a man holds, to what race he belongs—these things are not important; the really important thing is this knowledge—the knowledge of God's plan for men.

6. For God has a plan, and that plan is evolution.

7. You can help your brother through that which you have in common with him, and that is the Divine Life.

MONTHLY PRACTICE:

BE TRUE ALL THROUGH

WEEKLY PRACTICE:

YOU MUST DISTINGUISH BETWEEN TRUTH AND FALSEHOOD

Daily Practice

8. You must distinguish between truth and falsehood ; you must learn to be true all through, in thought and word and deed.
9. You must not hold a thought just because many other people hold it, . . . you must think of the matter for yourself, and judge for yourself whether it is reasonable.
10. He who would walk upon the Path must learn to think for himself, for superstition is one of the greatest evils in the world.
11. Your thought about others must be true ; you must not think of them what you do not know.
12. If a man speak angrily to you, do not think : " He hates me, he wishes to wound me." . . . He is acting foolishly, for all anger is foolish, but you must not therefore think untruly of him.
13. The pupil is one with his Master, and he needs only to put back his thought into the Master's thought to see at once whether it agrees.
14. Stop often to think : " What would the Master think about this ? What would the Master say or do under these circumstances ? "

MONTHLY PRACTICE:

FROM THE UNREAL LEAD ME TO THE REAL

WEEKLY PRACTICE:

FROM DARKNESS LEAD ME TO LIGHT

Daily Practice

15. From darkness lead me to Light.
From death lead me to Immortality.

16. Until men learn to distinguish between these two, [the unreal and the real] they have not ranged themselves on God's side, and so this discrimination is the first step.

17. Between right and wrong it should not be difficult to choose, for those who wish to follow the Master have already decided to take the right at all costs.

18. Between right and wrong Occultism knows no compromise.

19. You must discriminate between the important and the unimportant. Firm as a rock where right and wrong are concerned, yield always to others in things which do not matter.

20. You must study deeply the hidden laws of Nature, and when you know them arrange your life according to them, using always reason and common-sense.

21. You can help your brother through that which you have in common with him, and that is the Divine Life.

MONTHLY PRACTICE:

YOU MUST WATCH UNCEASINGLY, OR YOU WILL FAIL

WEEKLY PRACTICE:

DO NOT MISTAKE YOUR BODIES FOR YOURSELF

Daily Practice

22. Do not mistake your bodies for yourself—neither the physical body, nor the astral, nor the mental.
23. When your body wishes something, stop and think whether *you* really wish it. For *you* are God, and you will only what God wills.
24. The astral body has *its* desires—dozens of them ; it wants you to be angry, to say sharp words, to feel jealous, to be greedy for money, to envy other people their possessions, to yield yourself to depression . . . But *you* want none of these things, and therefore you must discriminate between *your* wants and your body's.
25. Study then, but study first that which will most help you to help others.
26. Be true in action ; never pretend to be other than you are.
27. You must discriminate between the selfish and the unselfish. For selfishness has many forms, and when you think you have finally killed it in one of them, it arises in another as strongly as ever.
28. You must be true in speech too—accurate and without exaggeration. Never attribute motives to another . . . If you hear a story against anyone, do not repeat it . . . Think well before speaking, lest you should fall into inaccuracy.

MONTHLY PRACTICE:

ONLY THOSE WHO KNOW CAN FEED THE SOUL

WEEKLY PRACTICE:

YOU MUST DISTINGUISH . . .

Daily Practice

29. You must distinguish not only the useful from the useless, but the more useful from the less useful.

20. Try to see what is worth doing: and remember that you must not judge by the size of the thing.

A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good.

Red Letter Days

MAY

SUBJECT DESIRELESSNESS

PRACTICE

You must give up all feeling of possession. Karma may take from you the things which you like best—even the people whom you love most. Even then you must be cheerful—ready to part with anything and everything.

MONTHLY PRACTICE:

YOU MUST GIVE UP ALL FEELING OF POSSESSION

WEEKLY PRACTICE:
YOU MAY WIN DESIRELESSNESS . . .

Daily Practice

1. Before you have the happiness of meeting the Master face to face, you may attain desirelessness if you will.
2. There are many for whom the qualification of Desirelessness is a difficult one, for they feel that they *are* their desires . . .
3. But these are only they who have not seen the Master; in the light of His holy Presence all desire dies, but the desire to be like Him.
4. The things which most men desire, such as wealth and power, are not worth having; when this is really felt, not merely said, all desire for them ceases.
5. But there are some who forsake the pursuit of earthly aims only in order to gain heaven, or to attain personal liberation from rebirth; into this error you must not fall.
6. If you have forgotten self altogether, you cannot be thinking when that self should be set free, or what kind of heaven it shall have.
7. Karma may take from you the things which you like best—even the people whom you love most. Even then you must be cheerful—ready to part with anything and everything.

MONTHLY PRACTICE:

NO DESIRE FOR SELF; NO DESIRE FOR RESULTS

WEEKLY PRACTICE:

ALL SELFISH DESIRE BINDS

Daily Practice

8. Remember that *all* selfish desire binds, however high may be its object, and until you have got rid of it, you are not wholly free to devote yourself to the work of the Master.
9. When all desires for self are gone, there may still be a desire to see the result of your work.
10. If you help anybody, you want to *see* how much you have helped him; perhaps even you want him to see it too, and to be grateful. But this is still desire, and also want of trust.
11. When you pour out your strength to help, there must be a result, whether you can see it or not; if you know the Law you know this must be so.
12. So you must do right for the sake of the right, not in the hope of reward.
13. You must be so filled with the intense desire of service that you are ever on the watch to render it to all around you—not to man alone, but even to animals and plants.
14. For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your fellow-men.

MONTHLY PRACTICE:

YOU MUST GIVE UP ALL FEELING OF POSSESSION

WEEKLY PRACTICE:

HAVE NO DESIRE TO SPEAK

Daily Practice

15. Never wish to shine, or to appear clever.

16. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is true, kind and helpful. Before speaking think carefully whether what you are going to say has those three qualities; if it has not, do not say it.

17. It is well to get used even now to thinking carefully before speaking; for when you reach Initiation you must watch every word, lest you should tell what must not be told.

18. Much common talk is unnecessary and foolish; when it is gossip, it is wicked.

19. So be accustomed to listen rather than to talk; do not offer opinions unless directly asked for them.

20. One statement of the Qualifications gives them thus: to know, to dare, to will, and to be silent; and the last of the four is the hardest of them all.

21. You must give up all feeling of possession.

MONTHLY PRACTICE:

NO DESIRE FOR SELF; NO DESIRE FOR RESULTS

WEEKLY PRACTICE:

STERNLY REPRESS THE WISH TO MEDDLE

Daily Practice

22. Another common desire which you must sternly repress is the wish to meddle in other men's business.
23. What another man does or says or believes is no affair of yours, and you must learn to let him absolutely alone.
24. He has full right to free thought and speech and action, so long as he does not interfere with anyone else.
25. If you think he is doing wrong, and you can contrive an opportunity of privately and very politely telling him why you think so, it is possible that you may convince him; but there are many cases in which even that would be an improper interference.
26. On no account must you go and gossip to some third person about the matter, for that is an extremely wicked action.
27. If you see a case of cruelty to a child or an animal, it is your duty to interfere. If you see any one breaking the law of the country, you should inform the authorities.
28. If you are placed in charge of another person in order to teach him, it may become your duty gently to tell him of his faults. Except in such cases, mind your own business, and learn the virtue of silence.

MONTHLY PRACTICE:

YOU MUST GIVE UP ALL FEELING OF POSSESSION

WEEKLY PRACTICE:

DESIRE TO BE LIKE HIM

Daily Practice

29. Have no desire for psychic powers; they will come when the Master knows that it is best for you to have them.

30. To force them too soon often brings in its train much trouble; . . . in any case the time and strength that it takes to gain them might be spent in work for others.

31. They will come in the course of development . . . and if the Master sees that it would be useful for you to have them sooner, He will tell you how to unfold them safely. Until then, you are better without them.

Red Letter Days

JUNE

SUBJECT GOOD CONDUCT

PRACTICE

You must trust your Master.
You must trust yourself.

MONTHLY PRACTICE:

YOU MUST TRUST YOUR MASTER

WEEKLY PRACTICE:

TOLERANCE

Daily Practice

1. Make allowance for everything; be kindly towards everything.
2. Look kindly, gently, tolerantly upon all; but upon all alike.
3. To help all, you must understand all.
4. For in everyone and in everything there is good; in everyone and in everything there is evil.
5. You must feel a hearty interest in the beliefs of those of another religion, just as much as in your own. For their religion is a path to the highest, just as yours is.
6. If he is on God's side he is one of us, and it does not matter in the least whether he calls himself a Hindu or a Buddhist, a Christian or a Muhammadan, whether he is an Indian or an Englishman, a Chinaman or a Russian.
7. You must not condemn others who still cling to ceremonies.

MONTHLY PRACTICE:

YOU MUST TRUST YOURSELF

WEEKLY PRACTICE:

CHEERFULNESS

Daily Practice

8. Your duty is to remain always joyous and serene . . . remembering that all evil is transitory.

9. The Master needs to pour out His strength upon others through His servant; He cannot do that if the servant yields to depression. So cheerfulness must be the rule.

10. Depression is wrong, because it infects others and makes their lives harder, which you have no right to do.

11. Make light of the troubles which come into everyone's life.

12. Avoid the incessant worry over little things in which many people spend most of their time.

13. When [sorrows, troubles, sicknesses, losses] come you must bear them cheerfully . . . They belong to your previous lives, not to this; you cannot alter them, so it is useless to trouble about them.

14. Never allow yourself to feel sad or depressed. If ever depression comes to you, throw it off at once.

MONTHLY PRACTICE:

YOU MUST TRUST YOUR MASTER

WEEKLY PRACTICE:

ONE-POINTEDNESS

Daily Practice

15. Nothing shall ever turn you, even for a moment, from the Path upon which you have entered.

16. The one thing that you must set before you is to do the Master's work.

17. You follow it [the Path] without needing to think of it, and cannot turn aside.

18. Your will must be like tempered steel, if you would tread the Path.

19. You yourself must become one with the Path.

20. "Whatsoever thy hand findeth to do, do it with thy might."

21. There is nothing that you cannot do if you will.

MONTHLY PRACTICE:

YOU MUST TRUST YOURSELF

WEEKLY PRACTICE:

CONFIDENCE

Daily Practice

22. If you have seen the Master, you will trust Him to the uttermost, through many lives and deaths.

23. If you have not yet seen Him, you must still try to realise Him and trust Him, because if you do not, even He cannot help you.

24. Unless there is perfect trust, there cannot be the perfect flow of love and power.

25. You must trust your Master; you must trust yourself. You say you know yourself too well?

    If you feel so, you do *not* know yourself; you know only the weak outer husk, which has fallen often into the mire.

26. But *you*—the real you—you are a spark of God's own fire.

27. And God, who is Almighty, is in you, and because of that there is nothing that you cannot do if you will.

28. Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will."

MONTHLY PRACTICE:

YOU MUST TRUST YOURSELF

WEEKLY PRACTICE:

SELF-CONTROL

Daily Practice

29. The pure light of truth, . . . should shine through you as sunlight shines through clear glass.

30. Hold back your mind from pride, for pride comes only from ignorance.

Red Letter Days

JULY

SUBJECT LOVE

PRACTICE

Love is the will to be one with God, in order that because of your deep love for Him, you may act with Him and as He does.

MONTHLY PRACTICE:

LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE:

OF ALL THE QUALIFICATIONS LOVE IS THE MOST IMPORTANT

Daily Practice

1. Of all the Qualifications, Love is the most important, for if it is strong enough in a man, it forces him to acquire all the rest.
2. In daily life Love means two things:
   (*a*) That you shall be careful to do no hurt to any living thing;
   (*b*) That you shall always be watching for an opportunity to help.
3. You must be active in doing good.
   You must be so filled with the intense desire of service that you are ever on the watch to render it . . . not to man alone, but even to animals and plants.
4. Think each day of some one whom you know to be in sorrow, or suffering, or in need of help, and pour out loving thought upon him.
5. When you pour out your strength to help, there must be a result, whether you can see it or not; if you know the Law you know this must be so . . .
   You must give yourself to the service of the world because you love it, and cannot help giving yourself to it.
6. He who is on the Path exists not for himself, but for others; he has forgotten himself, in order that he may serve them.
7. Look kindly, gently, tolerantly upon all.

MONTHLY PRACTICE:

IN ORDER THAT YOU MAY ACT WITH HIM

WEEKLY PRACTICE:

GOSSIP IS A SIN AGAINST LOVE . . . YOU MUST AVOID IT ALTOGETHER

Daily Practice

8. . . . Gossip, cruelty, and superstition . . .
Against these three the man who would fill his heart with the love of God must watch ceaselessly.
9. Gossip begins with evil thought, and that in itself is a crime.
10. See what gossip does . . . You are filling with evil thought instead of with good thought:
(*a*) Your neighbourhood . . . and so you are adding to the sorrow of the world.
(*b*) Your brother, and so you are making him worse instead of better . . .
(*c*) Your own mind, and so you hinder your own growth . . .
(*d*) Other men—making them partners in your crime . . . and then they join in pouring evil thought upon the poor sufferer.
11. Never speak ill of any one.
Refuse to listen when any one else speaks ill of any one.
12. If you hear a story against any one, do not repeat it; it may not be true, and even if it is, it is kinder to say nothing.
13. Never attribute motives to another; only his Master knows his thoughts, and he may be acting from reasons which have never entered your mind.

MONTHLY PRACTICE:

LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE:

LOVE MEANS: (1) DO NOT HURT; (2) HELP

Daily Practice

14. You must not think of others what you do not know.

15. Intentional Cruelty:

    Is purposely to give pain to another living being. Is the greatest of all sins. The work of a devil rather than a man. Men are daily doing it now.

16. Examples:

    (*a*) The inquisitors did it.

    (*b*) Many religious people did it in the name of their religion.

    (*c*) Vivisectors do it.

    (*d*) Many school-masters do it habitually.

    (*e*) All who kill God's creatures, and call it "sport".

    (*f*) A man who says a word with the intention to wound another.

17. For the sake of the love of God, when opportunity offers, you will speak clearly against such things (*i.e.*, examples *a* to *e*).

MONTHLY PRACTICE:

LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE:

LOVE MEANS: (1) DO NOT HURT; (2) HELP

Daily Practice

18. Unintentional Cruelty:

Comes usually from thoughtlessness.
Is caused just by carelessness . . .
By forgetting to think how an action will affect others.

Examples:

(*a*) Paying too little:
(*b*) Half-starving wife and children: } A man filled with greed and avarice.

(*c*) Ruining souls and bodies: } Another thinks only of his own lust.

(*d*) A man does not pay his workmen on the proper day: } To save himself a few minutes' trouble.

(*e*) Sometimes a careless word does as much harm as a malicious one.

19. If you wish to enter the Path, you must think of the consequences of what you do, lest you should be guilty of thoughtless cruelty.

You must be on your guard against unintentional cruelty.

MONTHLY PRACTICE:

LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE:

LOVE MEANS: (1) DO NOT HURT; (2) HELP

Daily Practice

20. Superstition:

Is another mighty evil, and has caused much terrible cruelty. The man who is a slave to it despises others who are wiser, tries to force them to do as he does. Many crimes have men committed in the name of the God of Love, moved by this nightmare of superstition.

21. Examples:

(*a*) The superstition that animals should be sacrificed.

(*b*) The still more cruel superstition that man needs flesh for food.

(*c*) The treatment which superstition has meted out to the depressed classes in India, breeding heartless cruelty.

Be very careful that no slightest trace of it remains in you.

MONTHLY PRACTICE:

IN ORDER THAT YOU MAY ACT WITH HIM, AND AS HE DOES

WEEKLY PRACTICE:

IF YOU WOULD BECOME ONE WITH HIM . . . BE FILLED WITH PERFECT UNSELFISHNESS

Daily Practice

22. Because God is Love, you, if you would become one with Him, must be filled with perfect unselfishness and love also.
23. He who is on the Path is a living plume of fire, raying out upon the world the Divine Love which fills his heart.
24. Love is . . . *will*, resolve, determination, for union with God.
25. It is indeed the will to be one with God, not in order that you may escape from weariness and suffering, but in order that because of your deep love for Him you may act with Him and as He does.
26. To produce its result, this resolve must fill your whole nature, so as to leave no room for any other feeling.
27. For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your fellow-men.
28. By degrees you will become so full of thought for the helping of others that there will be no room, no time, for any thought about yourself.

MONTHLY PRACTICE:

LOVE IS THE WILL TO BE ONE WITH GOD

WEEKLY PRACTICE:

YOU MUST BE ALWAYS GENTLE

Daily Practice

29. You must be always gentle and kindly, reasonable and accommodating.

30. *The Master*: . . . in the light of His holy Presence all desire dies, but the desire to be like Him.

31. Will, Wisdom and Love are the three aspects of the Logos; and you, who wish to enroll yourselves to serve Him, must show forth these aspects in the world.

Red Letter Days

AUGUST

SUBJECT THOUGHT

PRACTICE

You must control your thought; you must not let it wander.

MONTHLY PRACTICE:

YOU MUST CONTROL YOUR THOUGHT

WEEKLY PRACTICE:

WHATEVER YOU ARE DOING, FIX YOUR THOUGHT UPON IT

Daily Practice

1. Whatever you are doing, fix your thought upon it, that it may be perfectly done.

2. Control the mind, so that the thought may always be calm and unruffled.

3. You are not this mind, but it is yours to use.

4. Never allow yourself to feel sad or depressed. If ever depression comes to you, throw it off at once.

5. If your thought is what it should be, you will have little trouble with your action.

6. You must never . . . think what you cannot imagine the Master as . . . thinking.

7. You must control your thought; you must not let it wander.

MONTHLY PRACTICE:

YOU MUST NOT LET IT WANDER

WEEKLY PRACTICE:

STOP OFTEN TO THINK

Daily Practice

8. Stop often to think: "What would the Master think about this?"
9. You must learn to be true all through, . . . in thought first.
10. There are in the world many untrue thoughts, many foolish superstitions, and no one who is enslaved by them can make progress.
11. You must not hold a thought just because many other people hold it, nor because it has been believed for centuries, nor because it is written in some book which men think sacred.
12. You must think of the matter for yourself, and judge for yourself whether it is reasonable. Remember that though a thousand men agree upon a subject, if they know nothing about that subject their opinion is of no value.
13. He who would walk upon the Path must learn to think for himself.
14. Superstition is one of the greatest evils in the world, one of the fetters from which you must utterly free yourself.

MONTHLY PRACTICE:

YOU MUST CONTROL YOUR THOUGHT

WEEKLY PRACTICE:

YOUR THOUGHT ABOUT OTHERS MUST BE TRUE

Daily Practice

15. You must not think of them what you do not know.

16. Do not suppose that others are always thinking of you.

17. If a man does something which you think will harm you, . . . do not think at once: "He meant to injure me."

18. Each soul has its own troubles and its thoughts turn chiefly around itself.

19. If a man speak angrily to you, do not think: "He hates me, he wishes to wound me." . . . He is acting foolishly, for all anger is foolish, but you must not therefore think untruly of him.

20. Gossip begins with evil thought, and that in itself is a crime. For in everyone and in everything there is good; in everyone and in everything there is evil. Either of these we can strengthen by thinking of it, and in this way we can help or hinder evolution; we can do the will of the Logos or we can resist Him.

21. Your wicked thought tempts your brother to do wrong, for if he is not yet perfect you may make him that which you have thought him.

MONTHLY PRACTICE

IT IS YOURS TO USE

WEEKLY PRACTICE:

THINK EACH DAY OF SOME ONE . . . IN NEED OF HELP AND POUR OUT LOVING THOUGHT UPON HIM . . .

Daily Practice

22. Use your thought-power every day for good purposes; be a force in the direction of evolution.
23. If you think of the evil in another, you are doing at the same time three wicked things: filling your neighbourhood, your brother, and your own mind with evil thought instead of with good thought, and so you are adding to the sorrow of the world.
24. Avoid the incessant worry over little things in which many people spend most of their time.
25. So much suffering is caused just by carelessness—by forgetting to think how an action will affect others . . .
26. Your mental body wishes to think itself proudly separate, to think much of itself and little of others.
27. You must learn that no ceremonies are necessary; else you will think yourself somehow better than those who do not perform them.
28. When your body wishes something, stop and think whether *you* really wish it. For *you* are God.

MONTHLY PRACTICE:

YOY MUST CONTROL YOUR THOUGHT

WEEKLY PRACTICE:

DO NOT LET YOUR MIND BE IDLE . . .

Daily Practice

29. Do not let your mind be idle, but keep good thoughts always in the background of it, ready to come forward the moment it is free.

30. Before speaking think carefully.

31. Hold back your mind from pride, for pride comes only from ignorance. The man who does not know thinks that he is great, that he has done this or that great thing; the wise man knows that only God is great, that all good work is done by God alone.

Red Letter Days

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SEPTEMBER

SUBJECT SPEECH

PRACTICE

Watch every word

MONTHLY PRACTICE:

WATCH EVERY WORD

WEEKLY PRACTICE:

BEFORE SPEAKING THINK CAREFULLY

Daily Practice

1. Before speaking think carefully.
2. Is it true, kind and helpful ?
3. Stop often to think : " What would the Master . . . say under these circumstances ? "
4. It is well to get used even now to thinking carefully before speaking ; for when you reach Initiation you must watch every word, lest you should tell what must not be told.
5. Think well before speaking, lest you should fall into inaccuracy.
6. When it is gossip, it is wicked.
7. The astral body has *its* desires—dozens of them ; it wants you to be angry, to say sharp words, to feel jealous, to be greedy for money, to envy other people their possessions, to yield yourself to depression.

But *you* want none of these things.

MONTHLY PRACTICE:

WATCH EVERY WORD

WEEKLY PRACTICE:

IT IS WELL TO SPEAK LITTLE

Daily Practice

8. It is well to speak little.

9. Better still to say nothing, unless you are quite sure that what you wish to say is true, kind and helpful.

10. Never wish to shine, or to appear clever ; have no desire to speak.

11. Much common talk is unnecessary and foolish ; when it is gossip, it is wicked.

12. So be accustomed to listen rather than to talk.

13. Do not offer opinions unless directly asked for them.

14. One statement of the Qualifications gives them thus : to know, to dare, to will, and to be silent ; and the last of the four is the hardest of them all.

MONTHLY PRACTICE:

WATCH EVERY WORD

WEEKLY PRACTICE:

NEVER ATTRIBUTE MOTIVES TO ANOTHER

Daily Practice

15. Never attribute motives to another.

16. What another man does or says or believes is no affair of yours, and you must learn to let him absolutely alone.

17. A man has full right to free thought and speech and action, so long as he does not interfere with any one else . . . you have no right to talk about him.

18. There is a cruelty in speech as well as in act; and a man who says a word with the intention to wound another is guilty of this crime [intentional cruelty].

19. Sometimes a careless word does as much harm as a malicious one. So you must be on your guard against unintentional cruelty.

20. You must never . . . say . . . what you cannot imagine the Master as saying.

21. You may be a channel through which His love may flow to reach your fellow-men.

MONTHLY PRACTICE:

WATCH EVERY WORD

WEEKLY PRACTICE:

NEVER SPEAK ILL OF ANY ONE

Daily Practice

22. If you hear a story against any one, do not repeat it; it may not be true, and even if it is, it is kinder to say nothing.

23. Never speak ill of any one.

24. Refuse to listen when any one else speaks ill of another.

25. Gently say: "Perhaps this is not true, and even if it is, it is kinder not to speak of it."

26. On no account must you go and gossip to some third person about the matter, for that is an extremely wicked action . . . Gossip is a sin against love.

27. You must be true in speech too, accurate and without exaggeration.

28. For the sake of the love of God, when opportunity offers, you will speak clearly against them. [Intentional cruelty] Vivisectors do it; many schoolmasters do it habitually; so also do all who go out intentionally to kill God's creatures, and call it "sport".

MONTHLY PRACTICE:

WATCH EVERY WORD

WEEKLY PRACTICE:

MIND YOUR OWN BUSINESS

Daily Practice

29. Another common desire which you must sternly repress is the wish to meddle in other men's business.

    Mind your own business, and learn the virtue of silence.

30. Say to yourself: "What man has done, man can do. I am a man, yet also God in man; I can do this thing, and I will."

Red Letter Days

OCTOBER

SUBJECT ACTION

PRACTICE

The one thing that you must set before you is to do the Master's work.

MONTHLY PRACTICE:

DO THE MASTER'S WORK

WEEKLY PRACTICE:

TRY TO SEE WHAT IS WORTH DOING

Daily Practice

1. A small thing which is directly useful in the Master's work is far better worth doing than a large thing which the world would call good.

2. The one thing that you must set before you is to do the Master's work.

3. You must do what He says, attending to every word, taking every hint.

4. That which is right you must do, that which is wrong you must not do, no matter what the ignorant may think or say.

5. Try to see what is worth doing ; and remember that you must not judge by the size of the thing.

6. To feed the poor is a good and noble and useful work ; yet to feed their souls is nobler and more useful than to feed their bodies. Any rich man can feed the body, but only those who know can feed the soul.

7. The wise man knows that only God is great, that all good work is done by God alone.

MONTHLY PRACTICE:

NOT IN THE HOPE OF SEEING THE RESULT

WEEKLY PRACTICE:

DO RIGHT FOR THE SAKE OF THE RIGHT

Daily Practice

8. You must do right for the sake of the right, not in the hope of reward ;

9. You must work for the sake of the work, not in the hope of seeing the result ;

10. You must give yourself to the service of the world because you love it, and cannot help giving yourself to it.

11. When once a man has seen that [God's plan of evolution] and really knows it, he cannot help working for it and making himself one with it, because it is so glorious, so beautiful.

12. For many people the most difficult thing in the world to learn is to mind their own business ; but that is exactly what you must do.

13. Be on your guard against unintentional cruelty.

14. Intentional cruelty is purposely to give pain to another living being ; and that is the greatest of all sins—the work of a devil rather than a man.

MONTHLY PRACTICE:

NO LAZINESS; NO INTERFERENCE

WEEKLY PRACTICE:

CONSTANT ACTIVITY IN GOOD WORK

Daily Practice

15. There must be no laziness, but constant activity in good work.

16. Often when there is an opportunity to help some one, the body feels: "How much trouble it will be for me; let some one else do it." But the man replies to his body: "You shall not hinder me in doing good work."

17. The body is your animal. Therefore you must treat it well, and take good care of it. . . .

18. Without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain.

19. But it must always be you who control that body, not it that controls you.

20. It must be your *own* duty that you do—not another man's, unless with his permission and by way of helping him.

21. Leave every man to do his own work in his own way; be always ready to offer help where it is needed, but *never* interfere.

MONTHLY PRACTICE

FOR HIS SAKE

WEEKLY PRACTICE:

YOU MUST DO ORDINARY WORK BETTER THAN OTHERS, NOT WORSE

Daily Practice

22. If you are to be His, you must do ordinary work better than others, not worse ; because you must do that also for His sake.

    All helpful, unselfish work is the Master's work, and you must do it for His sake.

23. Because you try to take up higher work, you must not forget your ordinary duties, for until they are done you are not free for other service.

24. You should undertake no new worldly duties ; but . . . you must perfectly fulfil—all clear and reasonable duties which you yourself recognise, that is, not imaginary duties which others try to impose upon you.

25. You must never do . . . what you cannot imagine the Master as doing.

26. Work patiently at your studies . . . only the wise man can be wisely helpful.

27. Be true in action ; never pretend to be other than you are.

28. Think rather of what you are doing now, which will make the events of your next life, for that you *can* alter.

MONTHLY PRACTICE:

PERFECTLY DONE

WEEKLY PRACTICE:

WHATEVER YOU ARE DOING, FIX YOUR THOUGHT UPON IT

Daily Practice

29. Whatever you are doing, fix your thought upon it, that it may be perfectly done.

30. You must give all your attention to each piece as you do it, so that it may be your very best.

31. Think how you would do a piece of work if you knew that the Master was coming at once to look at it; just in that way you must do all your work.

Red Letter Days

NOVEMBER

SUBJECT HELP OTHERS

PRACTICE

Help others

MONTHLY PRACTICE:

HELP OTHERS

WEEKLY PRACTICE:

YIELD TO OTHERS

Daily Practice

1. May it *help others* as the spoken teaching helped him—such is the hope with which he gives it.
2. The words which He spoke to me will *help you* also, if you will obey them.
3. Often when there is an opportunity to *help some one*, the body feels: "How much trouble it will be for me; let some one else do it." But the man replies to his body: "You shall not hinder me in doing good work."
4. Your mental body . . . tries to calculate for self, to make you think of your own progress, instead of thinking of the Master's work and of *helping others*.
5. Yield always *to others* in things which do not matter.
6. If you know, it is your duty to *help others* to know.
7. Study then, but study first that which will most help you to *help others*.

MONTHLY PRACTICE:

HELP OTHERS

WEEKLY PRACTICE:

HELP OTHERS TO KNOW

Daily Practice

8. Your thought about *others* must be true; you must not think of them what you do not know.
9. But by degrees you will become so full of thought for the *helping of others* that there will be no room, no time, for any thought about yourself.
10. You can *help your brother* through that which you have in common with him, and that is the Divine Life; learn how to arouse that in him, learn how to appeal to that in him; so shall you *save your brother* from wrong.
11. You must *give yourself* to the service of the world because you love it, and cannot help *giving yourself* to it.
12. Have no desire for psychic powers; . . . in any case the time and strength that it takes to gain them might be spent in *work for others*.
13. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is true, kind and *helpful*.
14. Never allow yourself to feel sad or depressed. Depression is wrong, because it *infects others* and makes their lives harder, which you have no right to do.

MONTHLY PRACTICE:

HELP OTHERS

WEEKLY PRACTICE:

NO ROOM, NO TIME, FOR ANY THOUGHT ABOUT YOURSELF

Daily Practice

15. Leave every man to do his own work in his own way; be always ready to offer *help* where it is needed, but never interfere.
16. There must be no laziness, but constant activity in good work. But it must be your *own* duty that you do—not another man's, unless with his permission and by way of *helping* him.
17. You must feel . . . a hearty interest in the beliefs of those of another religion, just as much as in your own . . . And to *help* all, you must understand all.
18. Now that your eyes are opened, some of your old beliefs, your old ceremonies, may seem to you absurd; . . . Yet respect them for the *sake of* those good souls to whom they are still important.
19. He who has forgotten his childhood and lost sympathy with the children is not the man who can teach them or *help* them. So look kindly. . . . upon all alike.
20. You must bear your karma cheerfully, whatever it may be, taking it as an honour that suffering comes to you. . . .
21. Remember that you are of but little *use* to the Master until your evil karma is worked out, and you are free.

MONTHLY PRACTICE:

HELP OTHERS

WEEKLY PRACTICE:

BE ALWAYS GENTLE

Daily Practice

22. Karma may take from you the things which you like best—even the people whom you love most. Even then you must be cheerful—ready to part with anything and everything.

23. All *helpful*, unselfish work is the Master's work, and you must do it for His sake.

24. You must trust your Master ; . . . Unless there is perfect trust, there cannot be the perfect flow of love and power.

25. Because God is Love, you, if you would become one with Him, must be filled with perfect *unselfishness* and love also.

26. You shall always be watching for an opportunity to *help*.

27. In everyone and in everything there is good ; in everyone and in everything there is evil. Either of these we can strengthen by thinking of it, and in this way we can *help* or hinder evolution ; we can do the will of the Logos or we can resist Him.

28. So much suffering is caused just by carelessness—by forgetting to think how an action will affect *others*.

MONTHLY PRACTICE:

HELP OTHERS

WEEKLY PRACTICE:

BE A CHANNEL

Daily Practice

29. You must be active in *doing good*. You must be so filled with the intense desire of *service* that you are ever on the watch to render it to all around you—not to man alone, but even to animals and plants.

For if you yearn to be one with God, it is not for your own sake; it is that you may be a channel through which His love may flow to reach your *fellow-men*.

30. He who is on the Path exists not for himself, but for *others*; he has forgotten himself, in order that he may serve them . . . He is a living plume of fire, raying out upon the world the Divine Love which fills his heart.

The Wisdom which enables you to *help* . . . show forth in the world.

Red Letter Days

DECEMBER

SUBJECT THE DAY OF HIS COMING

PRACTICE

Watch : Prepare

MONTHLY PRACTICE:

WATCH : PREPARE

WEEKLY PRACTICE:

LEST COMING SUDDENLY HE FIND YOU SLEEPING

(*Mark*, xiii, 36)

Daily Practice

1. The Lord, whom ye seek, shall suddenly come to his temple. (*Mal.*, iii, 1)
2. " O Wisdom that comest out of the mouth of the Most High, that reachest from one end to another, and dost mightily and sweetly order all things : Come, and teach us the way of prudence." (*Roman Breviary*)
3. Whenever there is decay of righteousness . . . and there is exaltation of unrighteousness, then I Myself come forth. (*Bhagavaḍ-Gīṭā*, iv, 7)
4. The Blessed One replied : " I am not the first Buddha who came upon earth, nor shall I be the last . . . In due time another Buddha will arise, and He will reveal to you the self-same eternal truth which I have taught you." (*The Gospel of Buddha*)
5. God best knoweth whom He will appoint for His Messenger. (*Al Quran*)
6. For the protection of the good, for the destruction of evil-doers, for the sake of firmly establishing righteousness I am born from age to age. (*Bhagavaḍ-Gīṭā*, iv, 8)
7. The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee. (*Luke*, i, 35)

MONTHLY PRACTICE:

WATCH: PREPARE

WEEKLY PRACTICE:

MAKE YE READY THE WAY OF THE LORD . . .

Daily Practice

8. Make ye ready the way of the Lord,
Make His paths straight.
(*Matt.*, iii, 3, R. V.)
Lift up thy voice with strength ; lift it up, be not afraid ; say . . . Behold your God !
(*Isaiah*, xl, 9)
9. The foolish disregard Me, when clad in human semblance, ignorant of My supreme nature, the great Lord of beings.
(*Bhagavaḍ-Gīṭā*, ix, 11)
10. Thou hast hid these things from the wise and prudent, and hast revealed them unto babes.
(*Luke*, x, 21)
11. If the bats refuse the society of the Sun, does that prove that the Sun is not brilliant ? (Saadi)
12. Ye search the scriptures, because ye think that in them ye have eternal life ; . . . and ye will not come to me, that ye may have life
(*John*, v, 39, R. V.)
13. The Blessed One said : " The Buddha that will come after me will be known as Maitreya, which means 'he whose name is kindness'."
(*The Gospel of Buddha*)
14. He shall feed his flock like a shepherd : he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young. (*Isaiah*, xl, 11)

MONTHLY PRACTICE:

WATCH: PREPARE

WEEKLY PRACTICE:

BE YE ALSO READY

Daily Practice

15. Be ye also ready: for in an hour that ye think not the Son of Man cometh.

(*Luke*, xii, 40, R. V.)

16. As it ever was and will be—
As a thief in the night, silently and where you least expect . . . with just the whole look of himself in his eyes—the Son of Man shall—yes, shall—appear in your midst.

(Edward Carpenter)

17. Wide-eyed we gaze into the zenith, poor amateurs of the supernatural, looking for some abrupt and devastating glory coming in clouds of heaven. But it may be that His coming to us will be gentle and natural as the daylight: that first we may discern His radiance low down on the horizons of the world.

(*The Path of the Eternal Wisdom*)

18. Thou shalt only well known be
By the perfect harmony
That Thy coming makes in me.

(*Coventry Patmore*)

19. Ah, fondest, blindest, weakest,
I am He Whom thou seekest!
Thou drivest Love from thee, who drivest Me.

(*The Hound of Heaven*)

MONTHLY PRACTICE:

WATCH: PREPARE

WEEKLY PRACTICE:

BE YE ALSO READY

DAILY PRACTICE

20. . . . it shall be
A Face like my face that receives thee: a Man like to me
Thou shalt love and be loved by for ever: a Hand like my hand
Shall throw open the gates of new life to thee!
See the Christ stand!

(Robert Browning)

21. But at the coming of the King of Heaven
All is set at six and seven;
We wallow in our sin,
Christ cannot find a chamber in the inn,
We entertain Him always like a stranger,
And, as at first, still lodge Him in the manger.

(Anonymous)

22. Blessed are the eyes which see the things that ye see; many prophets and kings have desired to see those things which ye see, and to hear those things which ye hear. (*Luke*, x, 23)

MONTHLY PRACTICE:

WATCH: PREPARE

WEEKLY PRACTICE:

BEHOLD, NOW IS THE ACCEPTED TIME . . .

DAILY PRACTICE

23. When a huge tidal wave comes, all the little brooks and ditches become full to the brim without any effort or consciousness on their own part—so when an incarnation comes, a tidal wave of spirituality breaks upon the world and people feel spirituality in the very atmosphere. (Shri Ramakrishna)

24. Behold, now is the accepted time; behold, now is the day of salvation. (*II Cor.*, ii, 2)

25. Veni, veni Emmanuel.

26. Surely He cometh, and a thousand voices
Call to the saints and to the deaf are dumb;
Surely He cometh, and the earth rejoices,
Glad in His coming who hath sworn, I come.

27. Ah what a hope! and when afar it glistens,
Stops the heart beating and the lips are dumb;
Only my spirit to his silence listens,
Faints till she find him, quivers till he come.
(Myers' *Saint Paul*)

MONTHLY PRACTICE:

WATCH : PREPARE

WEEKLY PRACTICE:

MY SHEEP HEAR MY VOICE . . . AND THEY FOLLOW ME

Daily Practice

28. My sheep hear my voice, . . . and they follow me.
(*John*, x, 27)

Where I pass, all my children know me.
O voices breaking out over the earth,
O singing, singing, singing!
Hark! my children sing—all day and night they are singing!
Blessed art thou, whosoever thou art, from whose eyes the veil is lifted to see me.
(Edward Carpenter)

29. We shall seek to make *Devotion, Steadfastness* and *Gentleness* prominent characteristics of our daily life. (*Order of the Star in the East*)

30. O Dayspring! Brightness of the Eternal Light and Sun of Righteousness! Come, and give light to those who sit in darkness and in the shadow of death.
(*Roman Breviary*)

31. Blessed be the King that cometh in the name of the Lord.
(*Luke*, xix, 38)

Blessed be His glorious name for ever: and let the whole earth be filled with his glory; Amen and Amen.
(*Psalm*, lxxii, 19)

Virupa
Veerajah

RED LETTER DAYS

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